

11-24-00

BOX PATENT
APPLICATIONJC950 U.S. PTO
09/718885
11/21/00IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Attorney Docket No.: RAMI115985

TRANSMITTAL LETTER

Seattle, Washington 98101

November 21, 2000

TO THE COMMISSIONER FOR PATENTS:

Transmitted herewith for filing under 37 C.F.R. § 1.53(b) by Express Mail is the complete patent application of: Wilfried Baatz, entitled RESISTANCE EXERCISE APPARATUS AND TRAINER, executed on November 17, 2000.

- X 1. An application consisting of 15 pages of specification and claims and 4 sheets of formal drawings is attached.
- X 2. A newly executed Declaration and Power of Attorney is attached.
- X 3. A filing date in accordance with 37 C.F.R. § 1.10 is requested. The Express Mail Certificate appears below.
- X 4. Small entity status is asserted for this matter.

COMPUTATION OF FEE

	Number Filed		Number Extra		Rate		Basic Fee 355.00
Total Claims	20 - 20	=	0	x	9.00	=	0.00
Independent Claims	6 - 3	=	3	x	40.00	=	120.00
Multiple Dependent Claim	-0-		---	+	135.00		
	TOTAL						475.00

- X 5. Our check No. 122708 in the amount of \$475.00 to cover the total fee as computed above is enclosed.
- X 6. The Commissioner is hereby authorized to charge any fees under 37 C.F.R. §§ 1.16, 1.17 and 1.18 which may be required during the entire pendency of the application, or credit any overpayment, to Deposit Account No. 03-1740. This authorization also hereby includes a request for any extensions of time of the appropriate length required upon the filing of any reply during the entire prosecution of this application. A copy of this sheet is enclosed.

LAW OFFICES OF
CHRISTENSEN O'CONNOR JOHNSON KINDNESS^{PLC}
1420 Fifth Avenue
Suite 2800
Seattle, Washington 98101
206.682.8100

JC965 U.S. PTO
11/21/00

11/21/00 11/21/00 11/21/00

Please address all further correspondence to:

CHRISTENSEN O'CONNOR JOHNSON KINDNESS^{PLLC}
1420 Fifth Avenue
Suite 2800
Seattle, WA 98101

Respectfully submitted,

CHRISTENSEN O'CONNOR
JOHNSON KINDNESS^{PLLC}



Brandon C. Stallman
Registration No. 46,468
Direct Dial No. 206.695.1708

EXPRESS MAIL CERTIFICATE

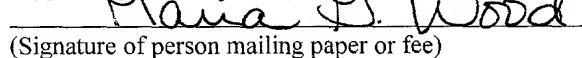
"Express Mail" mailing label number EL599431634US

Date of Deposit November 21, 2000

I hereby certify that this paper or fee is being deposited with the United States Postal Service "Express Mail Post Office to Addressee" service under 37 C.F.R. § 1.10 on the date indicated above and is addressed to the Commissioner for Patents, Washington, D.C. 20231.

Maria G. Wood

(Typed or printed name of person mailing paper or fee)



(Signature of person mailing paper or fee)

BCS:yle

LAW OFFICES OF
CHRISTENSEN O'CONNOR JOHNSON KINDNESS^{PLLC}
1420 Fifth Avenue
Suite 2800
Seattle, Washington 98101
206.682.8100

RESISTANCE EXERCISE APPARATUS AND TRAINER

Field of the Invention

The present invention relates generally to stationary exercise equipment, and more particularly to a cycle-type stationary exercise apparatus.

Background of the Invention

Cycling is a very popular activity for both recreational riders and racing enthusiasts alike. Professional cyclists and triathletes are earning large sums of money through races, sponsorships, and advertisements. Moreover, cycling provides many health benefits for average riders in that it strengthens various muscle groups along with providing aerobic and anaerobic exercise to the user. Furthermore, physicians and physical therapists are turning to stationary cycle devices to rehabilitate patients from automobile, athletic, or work-related injuries. Because of this, there is a demand for indoor, stationary trainers that simulate actual outdoor riding so that professional and recreational cyclists may train or exercise regardless of the weather, and that patients can rehabilitate injuries in the presence of their physicians and physical therapists.

Various stationary cycle trainers have been presented to address this need. Conventional stationary cycle trainers simulate the characteristics of outdoor training by applying a variable resistance device to provide resistance against the pedaling of the rider. The variable resistance device mimics the resistances a rider would face during actual outdoor training such as wind resistance, rolling resistance, and resistances due to riding over varying terrain. Recently, the use of "eddy current" trainers have achieved widespread use due to their ability to simulate the resistance (loads) felt by riders during actual riding.

In one prior art "eddy current" trainer shown in FIGURE 1, the trainer 10 includes an eddy current brake 12 that is coupled to the rear wheel 14 of a bicycle 16. The eddy current brake 12 includes a shaft 18 that is placed in rotational contact with the rear wheel 14 of the bicycle 16. As the rear wheel of the bicycle rotates, it rotationally drives the shaft.

The eddy current brake 12 further includes a conductive disk (not shown) that is coupled to the shaft 18 and is disposed between a plurality of electromagnets (not shown). When the rider rotates the pedals of the bicycle, the conductive disk rotates via the shaft 18 and the rear wheel 14. As the disk rotates, the electromagnet's magnetic fields induce eddy currents within the rotating disk. The eddy currents in turn produce electromagnetic fields that interact with the electromagnet's magnetic fields. This interaction of electromagnetic fields produces a resistance to the rotation of the disk, and thus the shaft 18 and rear wheel 14 of the bicycle 16.

The use of electromagnets allows individual or groups of magnets to be energized at specific times and voltages to produce variable torques, and resistances to the rotation of the bicycle's rear wheel. The use of electromagnets allows the resistance or braking force to be set to any desired level, or varied in order to duplicate actual road conditions experienced by the bicycle rider. Trainers incorporating such an eddy current brakes can take into account wind resistance, head winds, changes in elevation, rider inertia, rolling resistance, the effects of drafting, etc.

Further advancements in "eddy current" trainers allow for the monitoring and evaluation of the rider's or patient's performance during the exercise session. These trainers use a microprocessor/sensor arrangement to calculate several session perimeters such as heart rate, energy exertion, time elapsed, and distance. The microprocessor is also connected to an electric drive circuit that energizes the electromagnets at predetermined times and power levels in order to simulate changes in terrain. An eddy current trainer that uses electromagnets to simulate real life bicycling road conditions, and that uses a microprocessor to evaluate the user's performance, is sold under the trademark COMPUTRAINER by Racermate, Inc., Seattle, Washington.

Although the use of electromagnets and microprocessor has dramatically improved the "eddy current" trainers, there are still limitations that exist. For example, the arrangement of the rear wheel contacting the shaft of the resistance brake requires the user to exert a minimum power output of around 50 watts to just

get the rear wheel and the conductive disk to rotate. Some rehabilitation patients cannot exert this amount of power. Additionally, the contact of the rear wheel against the shaft does not allow the user to coast. Furthermore, the friction losses due to the prior art arrangement only allows the measurement of the exercise session
5 perimeters to be accurate within 1-2%.

Summary of the Invention

The present invention addresses the limitations in the prior art by providing a stationary exercise trainer that uses a "single stage" arrangement that eliminates most of the friction loss experienced by the prior art trainers. Specifically, by eliminating
10 essentially one stage (the resistance transfer between the shaft 18 and the rear wheel 14), the trainer can suitably operate over a broad range, such as for competition, in the range of 0-2000 watts of power. By allowing the trainer to function with approximately zero input power from the user, the trainer can be used for rehabilitating patients with minimal strength. Additionally, the reduction in
15 friction losses allows for the measurement of the physical exertion levels of the user during the exercise sessions to be accurate to within approximately plus or minus 1%. Further, by eliminating the contact between the shaft or roller and the rear wheel in the prior art trainers, the trainer of the present invention allows the user to coast (the ability of the flywheel to rotate independently from the pedals).

20 In accordance with a first aspect of the present invention, the resistance exercise apparatus and trainer comprises a support frame having a front support member and a rear mounting assembly. A bicycle frame having a rotatable front fork and a rear fork is detachably coupled to the respective front support member and rear mounting assembly of the support frame. A flywheel is rotatably coupled to the rear
25 mounting assembly of the support frame. A transmission system, including a rear sprocket coupled to the flywheel and a user operable crank assembly, is coupled to the bicycle frame. The crank assembly is operably connected to the rear sprocket through a flexible drive element. A magnetic field generation source is coupled to the rear mounting assembly of the support frame and a portion of the flywheel passes
30 through the magnetic field source.

In accordance with a second aspect of the present invention, a chain tensioning device is provided for an exercise training apparatus having a frame and a resistance transmission including a flexible drive element. The chain tensioning device comprises a base and a support member that projects upwardly from the base

which supports the flexible drive element. The first end of an elongate deflection member is secured to the support member and the second end of the deflection member is secured to the frame. A linear actuator is mounted on the support member and an end of the linear actuator is engagable with the second end of the deflection member, where the linear translation of the linear actuator causes the end of the linear actuator to engage with the deflection member so as to bend the deflection member away from the support member to selectively tension the flexible drive element.

In accordance with a third aspect of the present invention, a flywheel is provided for use in an exercise training apparatus. The flywheel comprises a circular body that includes an outer peripheral flange and a hub section. The hub section has a centrally located bore for receiving an axle and the circular body is adapted to be connected to the exercise resistance trainer through the axle. A plurality of radial segments of a non-magnetic, conductive material are removably coupled to the outer peripheral flange of the flywheel, where the flywheel is adapted to be connected to a transmission system for rotating the flywheel through a magnetic source.

Brief Description of the Drawings

The foregoing aspects and many of the attendant advantages of this invention will become more readily appreciated as the same become better understood by reference to the following detailed description, when taken in conjunction with the accompanying drawings, wherein:

FIGURE 1 illustrates a perspective view of a bicycle mounted in a prior art eddy current exercise training apparatus;

FIGURE 2 illustrates a perspective view of a representative embodiment of the resistance exercise apparatus and trainer of the present invention;

FIGURE 3 illustrates an enlarged side view of a representative embodiment of the resistance exercise apparatus and trainer of the present invention; and

FIGURE 4 illustrates a rear and partial cross-section view of a representative embodiment of the resistance exercise apparatus and trainer of the present invention.

Detailed Description of the Preferred Embodiment

As will be explained in further detail below, the resistance exercise apparatus and trainer of the present invention uses a "single-stage" configuration to provide a resistance against the pedaling of the user to simulate actual cycling. This is in contrast to conventional designs, as described above and as illustrated in FIGURE 1,

which use a "dual-stage" configuration that consists of the full size rear wheel of a bicycle coupled to a resistance or load generation unit.

The resistance exercise apparatus and trainer of the present invention comprises a support frame on which a bicycle frame is mounted, and a resistance generation unit coupled to the support frame to provide resistance against the pedaling of the user. The resistance unit comprises a magnetic field generation source and a flywheel that has the approximate dimensions of a conventional bicycle rear wheel. The resistance exercise apparatus and trainer utilizes the flywheel to eliminate the need for the conventional rear wheel of a bicycle. The use of a flywheel as part of the resistance generation unit creates a single-stage resistance exercise trainer, because the resistance generated on the flywheel is transmitted to the user through the direct chain drive of a conventional bicycle. Unlike the training devices of the prior art, the present invention provides a dramatic reduction in the amount of power needed to rotate the flywheel.

FIGURE 2 illustrates a bicycle 110 removably mounted to an exemplary resistance exercise apparatus and trainer 112 (hereinafter "trainer") of the present invention. The trainer 112 includes a support frame 140 for supporting the bicycle 110 in an upright position and a resistance generation unit 114 for providing a load that simulates actual cycling resistance. The resistance generation unit 114 includes a flywheel 194 mounted on an axle journaled across the lower ends of the rear forks of the bicycle 110. The flywheel 194 is rotatably coupled to a chain drive mechanism or transmission 116 of the bicycle 110 by a continuous chain 118 in a manner well known in the art. As the user pedals the bicycle 110, the flywheel 194 begins to rotate within a magnetic field generating source. The flywheel 194 induces eddy-currents therein due to the magnetic field. The eddy-currents places a load or resistance against the rotation of the flywheel 194. This resistance is transmitted from the flywheel 194 to the user through the chain so that the user is required to exert power to sustain the pedaling of the bicycle 110.

As shown in FIGURE 2, the bicycle 110 is provided with a frame 120 having seat and chain stays 122, 124 that form the rear fork of the bicycle 110. The bicycle 110 further contains a stem 126, handle bars 128 connected to the frame 120 through stem 126, a saddle or seat 130, and a front fork 132. The chain drive mechanism or transmission 116 comprises a chain ring 134 rotated by pedals 136 coupled to the chain ring 134 by crank arms 138. The chain drive mechanism or transmission 116 further includes a chain 118 that couples the chain ring 134 to a rear

sprocket 202 so that rotation of the of the pedals 136 is transmitted to the rear sprocket 202. The rear sprocket 202 is coupled to the flywheel 194 of the trainer and is described in more detail below. While a drive chain is illustrated in the preferred embodiment, alternate flexible drive elements could be utilized, such as a belt drive.

Referring to FIGURE 2, the support frame 140 includes a longitudinally extending main frame member 142 having distal and proximal ends 144, 146, front and rear stabilizing members 148, 150 which intersect the main frame member 142 at right angles, an obliquely angled front support member 152, and a rear mounting assembly 154. The front stabilizing member 148 and the front support member 152 are secured to the distal end 144 of main frame member 142 through fasteners (not shown) such as bolts or the like. The front support member 152 includes a front fork attachment mechanism 158. The lower end of the front fork 132 of the bicycle 110 is removably coupled to the front fork attachment mechanism 158 provided at about the mid-section of the front support member 152 of support frame 140. The front fork attachment mechanism 158 further includes apertures (not shown) so that an optional display support 160 for holding reading material, a computer monitor, or other viewable medium can be secured to the top of the front support member 152.

As shown in FIGURES 2 and 3, the rear stabilizing member 150 is slideably coupled to the main frame member 142 through a frame adjustment coupler 162. The frame adjustment coupler 162 contains a flange 164 secured to the distal end of the rear stabilizing member 150 and includes a slotted portion 166 disposed on the top section thereof. The frame adjustment coupler 162 further contains a screw shaft 168 connected to the top of the proximal end 146 of the main frame member 142. The screw shaft 168 projects through the slotted portion 166 of the flange 164 and is topped by an adjustment knob 170. Loosening the adjustment knob 170 allows the rear stabilizing member 150 to freely slide over the main frame member 142 for adjustment according to the length of the wheel base of the particular bicycle to be used.

Referring to FIGURES 2-4, a rear mounting assembly 154 is coupled to the top of the rear stabilizing member 150 for removably coupling the bicycle 110 and the flywheel 194 thereto. The rear mounting assembly 154 includes two identical spaced apart vertical members 172 secured to the top of rear stabilizing member 150. The top of each vertical member 172 includes a semi-circular channel 174 extending therethrough. A cylindrical shaft 176 is disposed within channel 174 of each vertical member 172 so that the cylindrical shaft 176 extends perpendicular to the main frame

member 142. A removable cap 178 having a semi-circular channel 180 that corresponds to the channel 174 in the vertical members 172 is fastened to the top of each vertical member 172. The caps 178 removably couple the flywheel via cylindrical shaft 176 to the vertical members 172.

5 As best shown in FIGURE 3, the rear mounting assembly 154 also includes two deflection members 182 and two anchor blocks 184. Each anchor block 184 is secured to the top of the rear stabilizing member 150 at a position spaced apart from each respective vertical member 172 such that a gap is provided therebetween. The bottom end of each deflection member 182 is inserted in the respective gap and
10 secured to the anchor block 184 by fasteners (not shown) such as bolts and/or dowel pins so that the bottom end of the deflection member 182 is anchored at the base of the rear stabilizing member 150. The deflection member 182 extends upwardly away from the rear stabilizing member 150 to form a cantilevered member. A mounting block 186 is coupled to the front face of the top end of each deflection member 182
15 to provide a location from which the rear fork of the bicycle frame 120 can mount to the rear mounting assembly 154. The rear fork of the bicycle frame 120 can be fastened to the mounting block 186 in any conventional manner known in the art.

Still referring to FIGURE 3, each vertical member 172 further includes a bore 188 that extends longitudinally therethrough at a location below the semi-circular channel 174. The inside surface of the bore 188 has screw threads for mating
20 with the outside threads of a wing-headed screw 190. By turning each screw 190, the screw linearly translates through the bore due to the corresponding screw threads. The end of each screw 190 engages the back face of each deflection member 182 and bends the deflection member outwardly away from each vertical member 172 due to
25 the cantilevered connection of each deflection member 182. The vertical member 172, the deflection member 182, and the screw 190 form a chain tensioning device, the purpose and advantages of which will be described in more detail below.

As best shown in FIGURE 4, and described above, the trainer comprises a resistance generation unit 114 including a flywheel 194 rotatably coupled to the rear
30 mounting assembly by the cylindrical shaft 176. The flywheel 194 is disposed between the chain and seat stays 123, 124 of the bicycle 110 (FIGURE 2) and includes a cylindrical hub 196 and an outer peripheral flange 198. The hub 196 includes a bore 200 of sufficient diameter to receive the cylindrical shaft 176 and extends outwardly in both directions. The rear sprocket 202 is coupled to the end of
35 hub 196 on the side corresponding to the side of the chain ring 134 (FIGURE 2).

The rear sprocket 202 is coupled to the hub 196 in a manner well known in the art to provide a freewheel connection so that the flywheel 194 may rotate independently of the rear sprocket 202. As discussed above, when the user rotates the pedals 136 of chain drive mechanism 116, the chain 118 transmits the pedals' rotation to the flywheel 194 via the rear sprocket 202. See FIGURE 2.

It will be appreciated to one skilled in the art that the chain tensioning device 192 provides two important functions in the present invention. First, the chain tensioning device provides an initial gap so that the chain can be easily and properly placed over the chain ring and rear sprocket. Additionally, as is known in the art, chains tend to stretch when continuous force is applied thereto and may cause the chain to "jump" off the chain ring or rear sprocket. The chain tensioning device further provides a coach or physician a method of tightening or loosening the tension of the chain to improve the overall efficiency of the chain drive mechanism and prevent the chain from "jumping" off the chain ring during operation. It will also be appreciated to one skilled in the art that the deflection member can be coupled to the vertical member through other mechanisms such as a hinge.

Referring back to FIGURE 3, the flywheel 194 further includes a plurality of segments or sections 204 coupled to the outer peripheral flange 198 to form a segmented ring. The plurality of sections 204 are disposed adjacent to each other in spaced relation to provide a gap 212 therebetween. The sections 204 extend radially outward past the flange 198 and are removably coupled at the base of the flange 198 by fasteners 208 well known in the art. Slots 210 are disposed at the outer peripheral end of each section 204 so that the trainer may include an optional rotational sensor unit (not shown). The sections 204 are made of a nonmagnetic, electrically conductive metal such as copper.

It will be appreciated to one skilled in the art that using a plurality of sections to form a segmented ring in accordance with the present invention provides several benefits. The sections are made using a conventional die set by punching the desired shape from a sheet of desired material. By using several small sections instead of one continuous ring, it is more economical to make since more of the blank sheet of material can be used. Additionally, the size of the die set and punch press needed to make the sections is substantially smaller than what would be needed to make one continuous ring. This also lowers the cost of making the present invention. Further, a single section that may have warped or been damaged in some manner can be easily be replaced at minimal expense.

As shown in FIGURES 2-4, the resistance generation unit 114 further includes a magnetic field generation source 220 that is secured to the top surface of the rear stabilizing member 150 between the vertical members 172. A cover 222 is mounted over the magnetic field source 220 to protect it from dust, dirt, and debris.

5 Inside the cover, the magnetic field source 220 includes two vertical support members 224 coupled to a base plate 226. A C-shaped member 228 having a gap 230 is coupled to each side of the vertical support members 224. A coil 232 is wrapped around each C-shaped member 228 and is connected to a source of variable current (not shown). The variable current source delivers current through the

10 coils 232 at predetermined times and at various selected levels to produce magnetic fields between the gaps 230. The structure and operation of the electromagnet and variable current source are well known to those of ordinary skill in the art, therefore it is readily understood how to construct the electromagnet and variable current source.

It will be appreciated to one skilled in the art that coil-type electromagnets are

15 only illustrative of the present invention and that other sources of magnetic fields such as other electromagnets or permanent magnets may be used.

The function of the trainer constructed in accordance with the above description will now be explained with reference to FIGURES 1-4. As the user pedals, the flywheel 194 rotates within the magnetic fields produced by the magnetic field source 220 due to the chain drive mechanism 116. The flywheel 194, due to the

20 non-magnetic conductive segmented ring, induces eddy currents, and thus electromagnetic fields, within the flywheel 194 as it rotates. The interaction between the electromagnetic fields produced by the eddy currents in the flywheel and the magnetic fields produced by the magnetic field source 220 creates a torque/resistance

25 to the rotation of the flywheel 194, and thus against the pedaling of the user. The torque/resistance produced by the resistance generation unit may be increased or decreased in order to simulate changes in terrain.

As will be readily appreciated by those skilled in the art and others, the trainer constructed and operated in accordance with the present invention has a number of

30 advantages. First, by providing a "single stage" resistance stage, wherein the drive chain is directly coupled to the flywheel, that eliminates most of the friction loss experienced by the prior art trainers, the trainer can operate in the range of 0-2000 watts of power. In particular, by allowing the trainer to function with approximately zero input power from the user, the trainer can be used for rehabilitating patients with

35 minimal strength. Additionally, the reduction in friction losses allows for the

measurement of the physical exertion levels of the user to be accurate to within approximately 1%. Further, by eliminating the contact between the shaft or roller and the rear wheel in the prior art trainers, the trainer of the present invention allows the user to coast (the ability of the flywheel to rotate independently from the pedals).

- 5 While the preferred embodiment of the invention has been illustrated and described, it will be appreciated that various changes can be made therein without departing from the spirit and scope of the invention.

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. An exercise training apparatus comprising:
 - a support frame having a front support member and a rear mounting assembly;
 - a bicycle frame having a rotatable front fork and a rear fork, the front and rear forks being capable of detachably mounting ground engaging wheels thereon, the front and rear forks being detachably coupled to the respective front support member and rear mounting assembly of the support frame;
 - a flywheel rotatably coupled to the rear mounting assembly of the support frame;
 - a transmission system including a rear sprocket coupled to the flywheel and a user operable crank assembly, the crank assembly coupled to the bicycle frame and operably connected to the rear sprocket through a flexible drive element, and
 - a magnetic field generation source coupled to the rear mounting assembly of the support frame, a portion of the flywheel passing through the magnetic field source.
2. The apparatus of Claim 1, wherein the portion of the flywheel passing through the magnetic field source includes a nonmagnetic, electrically conductive ring.
3. The apparatus of Claim 2, wherein the flywheel includes a plurality of radial segments that form the nonmagnetic, electrically conductive ring.
4. The apparatus of Claim 1, wherein the flywheel extends between the rear forks of the bicycle frame.
5. The apparatus of Claim 1, wherein resistance is created against the rotation of the crank assembly when the flywheel passes through a magnetic field generated by the magnetic field generation source.
6. An exercise training apparatus comprising:
 - a support frame for supporting a bicycle frame, the bicycle frame having a transmission including a flexible drive element; and

a resistance generation unit for creating resistance against the transmission, the resistance generation unit coupled to the support frame;

the support frame including a chain tensioning device for selectively tension the flexible drive element.

7. The apparatus of Claim 6, wherein the chain tensioning device comprises:

a base;

a support member projecting upwardly from the base which supports the flexible drive element;

an elongate deflection member having a first end secured to the support member and a second end secured to the bicycle frame; and

a linear actuator mounted on the support member, an end of the linear actuator engagable with the second end of the deflection member.

8. The apparatus of Claim 7, wherein the resistance unit includes a flywheel rotatably coupled to the support member of the chain tensioning device; and a magnetic field generation source coupled to the base of the chain tensioning device, a portion of the flywheel passing through the magnetic field source to create the resistance against the transmission.

9. The apparatus of Claim 8, wherein the magnetic field source is an electromagnet.

10. The apparatus of Claim 6, the support frame further comprising an adjustment mechanism for selectively adjusting the wheel base of the bicycle frame.

11. The apparatus of Claim 7, wherein linear translation of the linear actuator causes the end of the linear actuator to engage with the deflection member so as to bend the deflection member away from the support to selectively tension the flexible drive element.

12. A chain tensioning device for an exercise training apparatus having a frame and a resistance transmission including a flexible drive element, comprising:

a base;

a support member projecting upwardly from the base which supports the flexible drive element;

an elongate deflection member having a first end secured to the support member and a second end secured to the frame; and

a linear actuator mounted on the support member, an end of the linear actuator engagable with the second end of the deflection member;

wherein linear translation of the linear actuator causes the end of the linear actuator to engage with the deflection member so as to bend the deflection member away from the support member to selectively tension the flexible drive element.

13. The device of Claim 12, wherein the linear actuator is a screw.

14. The device of Claim 12, further comprising an anchor block coupled to the base in spaced relation from the support member to form a gap, the bottom end of the deflection member restrained within the gap.

15. In an exercise training device having a resistance unit and a support frame, the resistance unit including a flywheel and a magnetic field generation source, the magnetic generation source coupled to the support frame, the support frame adapted to receive a bicycle frame, the support frame including a front support member and a rear mounting assembly, the front support member and the rear mounting assembly adapted for receiving a respective front fork and a rear fork of the bicycle frame, the bicycle frame having a transmission system including a rear sprocket and pedals, the pedals operably connected to the rear sprocket through a flexible drive element, wherein the flywheel comprises:

a circular body including an outer peripheral flange and a hub section, the hub section having a centrally located bore for receiving an axle, the circular body adapted to be connected to the rear mounting assembly through the axle; and

a plurality of radial segments of a non-magnetic, conductive material coupled to the outer peripheral flange;

wherein the flywheel is adapted to be drivingly connectable to the drive system, the rotation of the pedals causing a portion of the radial segments to pass through the magnetic field generation source resulting in a resistance against the rotation of the pedals.

16. A flywheel for use in an exercise resistance trainer, comprising:

a circular body including an outer peripheral flange and a hub section, the hub section having a centrally located bore for receiving an axle, the circular body adapted to be connected to the exercise resistance trainer through the axle; and

a plurality of radial segments of a non-magnetic, conductive material removably coupled to the outer peripheral flange;

wherein the flywheel is adapted to be connected to a transmission system for rotating the flywheel through a magnetic source.

17. The flywheel of Claim 16, wherein the circular body is comprised of a solid disk.

18. The flywheel of Claim 16, wherein the plurality of radial segments are disposed adjacent to one another as the plurality of segments extends around the outer peripheral flange to form an annular segmented ring.

19. The flywheel of Claim 18, wherein the segments are disposed adjacent to each other in spaced relation to provide a gap therebetween.

20. A flywheel for use in an exercise resistance trainer, the trainer having a support frame adapted to be connected to a bicycle frame having a transmission system, the transmission system including pedals and a rear sprocket connectable to the flywheel, the pedals operably connected to the rear sprocket through a flexible drive element, the flywheel comprising:

a circular body including an outer peripheral flange and a hub section, the hub section having a centrally located bore for receiving an axle, the circular body adapted to be connected to the support frame through the axle; and

a plurality of radial segments of a non-magnetic, conductive material coupled to the outer peripheral flange;

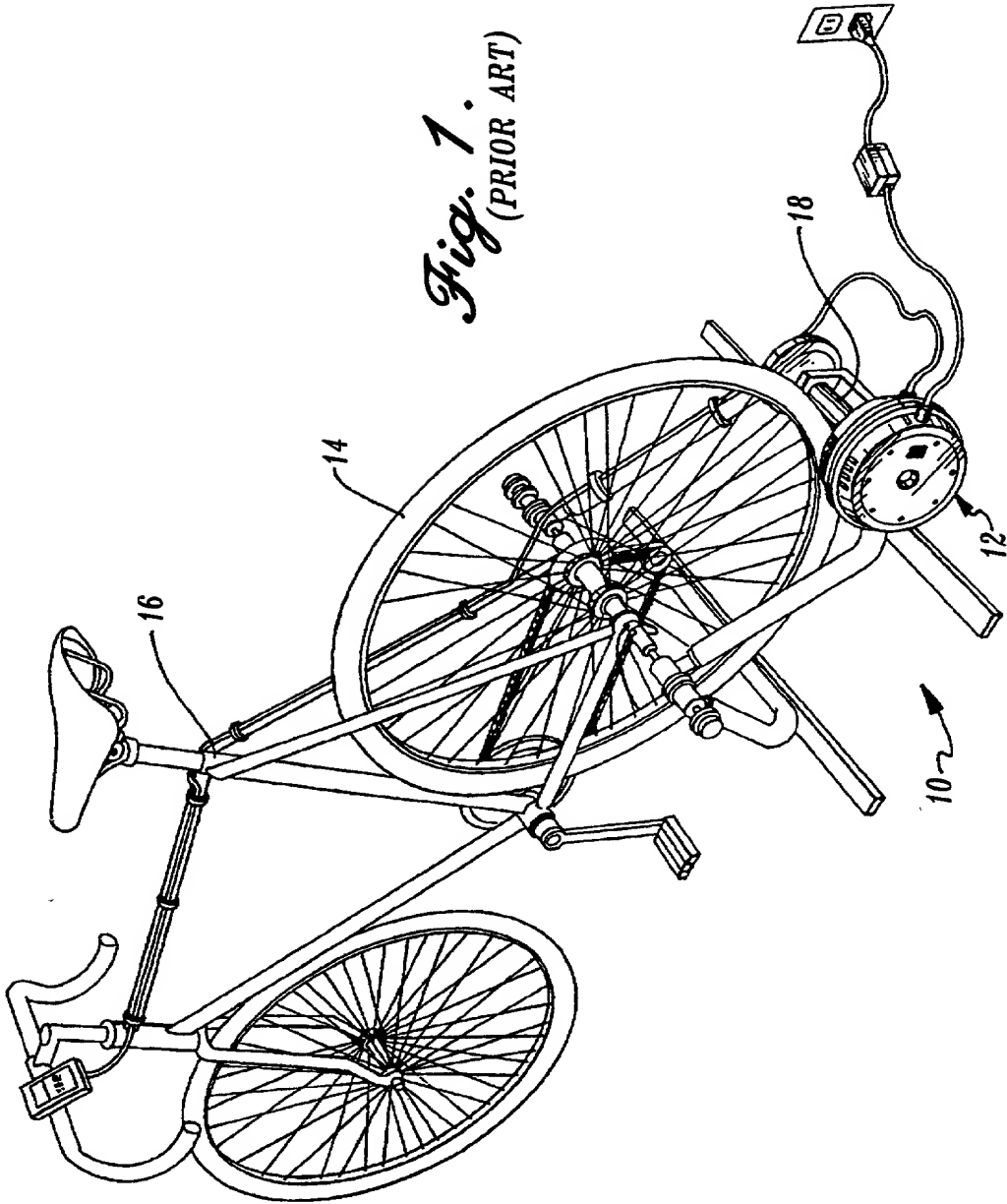
wherein the flywheel is adapted to be connected to the transmission system.

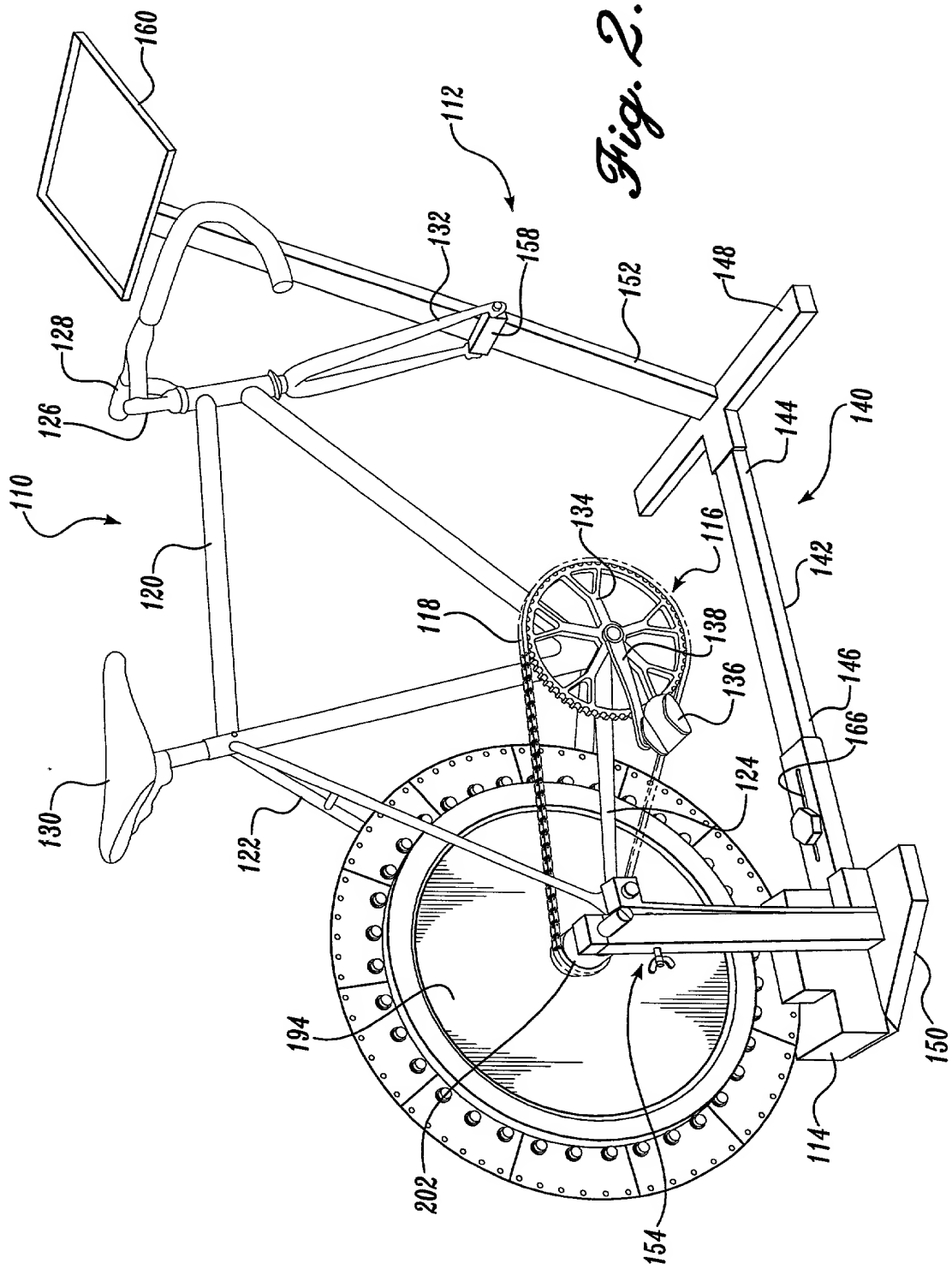
RESISTANCE EXERCISE APPARATUS AND TRAINER

Abstract of the Disclosure

An apparatus for providing exercise to recreational users and training to professional users comprising a support frame on which a bicycle frame is mounted and a resistance generation unit coupled to the support frame to provide resistance against the pedaling of the user. The resistance unit comprises a magnetic field generation source and a flywheel having an annular ring constructed from a plurality of segments of a non-magnetic, conductive material. The resistance exercise apparatus and trainer utilizes the flywheel to eliminate the need for the conventional rear wheel of a bicycle. The use of the flywheel as part of the resistance generation unit creates a "single-stage" resistance exercise trainer, because the resistance generated on the flywheel is transmitted to the user through a direct chain drive of a conventional bicycle. According to another aspect of the present invention, the resistance exercise apparatus includes a chain tensioning mechanism. The chain tensioning mechanism provides a method of tightening or loosening the tension of the chain to improve the overall efficiency of the chain drive mechanism and prevent the chain from "jumping" off the chain ring during operation.

Fig. 1.
(PRIOR ART)





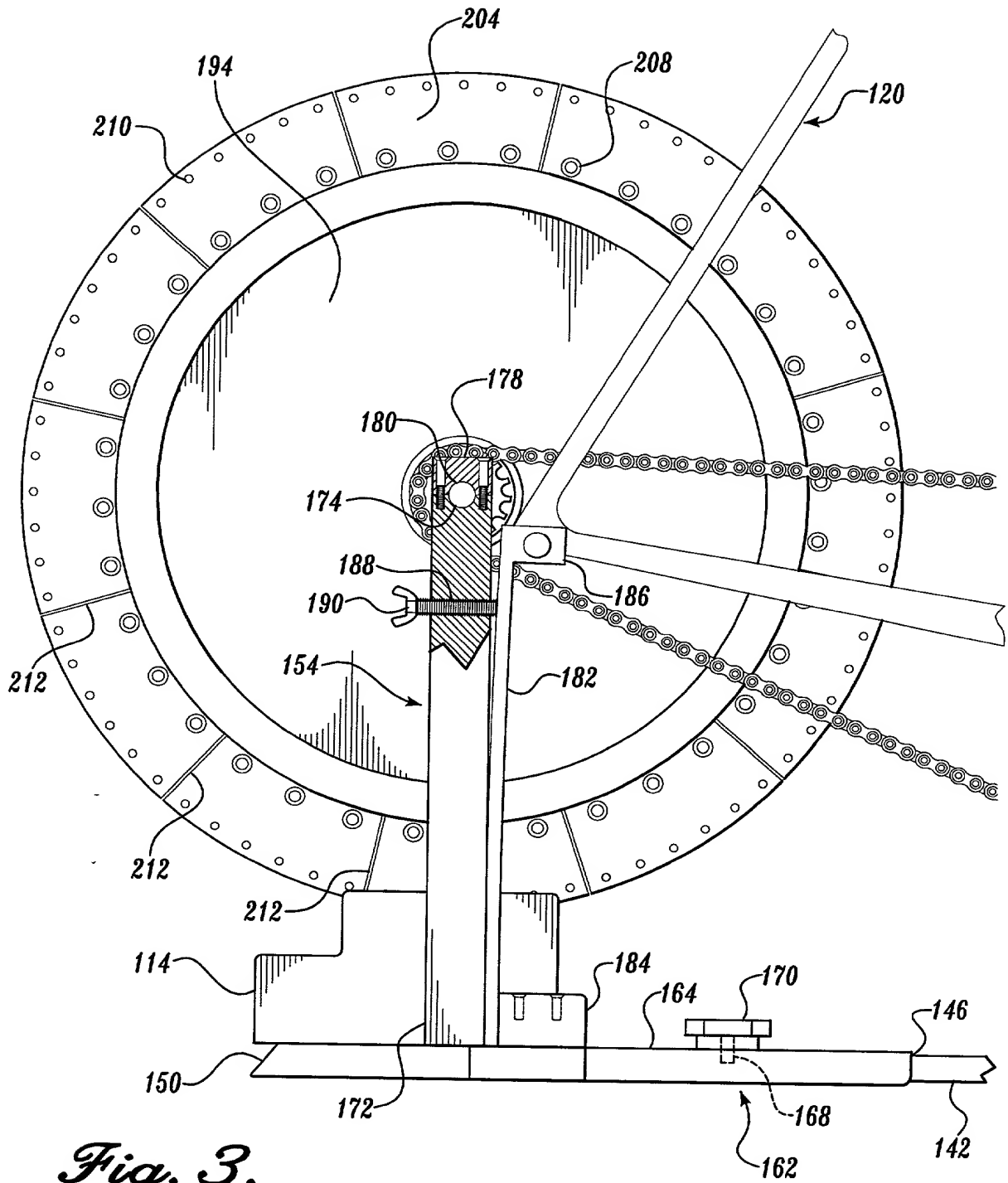
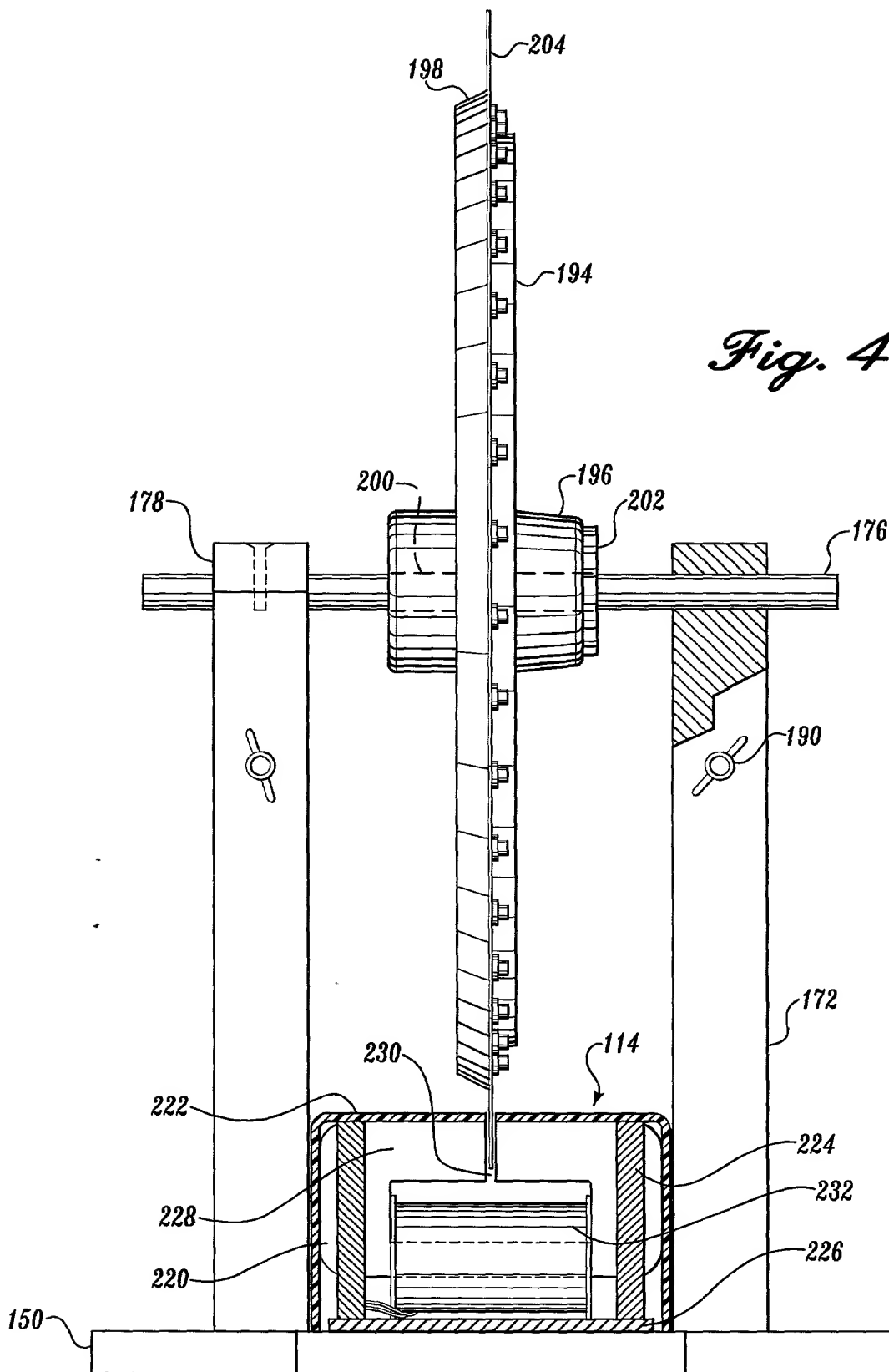


Fig. 3.



COMBINED DECLARATION AND POWER OF ATTORNEY
IN PATENT APPLICATION

As a below-named inventor, I hereby declare that:

my residence, post office address and citizenship are as stated below next to my name;

I believe that I am the original, first and sole inventor of the subject matter that is claimed and for which patent is sought on the invention entitled: RESISTANCE EXERCISE APPARATUS AND TRAINER, the specification of which is attached hereto.

I hereby state that I have reviewed and understand the contents of the above-identified specification, including the claims, as amended by any amendment referred to above.

I acknowledge the duty to disclose information which is material to the examination of this application in accordance with Title 37, Code of Federal Regulations, Section 1.56(a).

I hereby claim foreign priority benefits under Title 35, United States Code, Section 119(a)-(c) of any foreign application(s) for patent listed below and have also identified below, any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed: NONE

I hereby claim foreign priority benefits under Title 35, United States Code, Section 119(d) of any inventor's certificate listed below. I declare that, upon investigation, I am satisfied that to the best of my knowledge, when filing the application for the inventor's certificate I had the option to file an application for either a patent or an inventor's certificate as to the subject matter of the identified claim or claims forming the basis for the claim of priority: NONE

I hereby claim the benefit under Title 35, United States Code, Section 119(e) of any United States provisional application(s) listed below: NONE

I hereby claim the benefit under Title 35, United States Code, Section 120 of any United States application(s) or PCT international application(s) designating the United States listed below, and, insofar as the subject matter of each of the claims of this application is not disclosed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, Section 112, I acknowledge the duty to disclose material information as defined in Title 37, Code of Federal Regulations, Section 1.56(a) which occurred between the filing date of the prior application and the national or PCT international filing date of this application: NONE

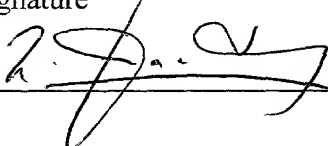
I hereby appoint the following attorneys and/or agents to prosecute this application and to transact all business in the United States Patent and Trademark Office connected therewith: Bruce E. O'Connor, Reg. No. 24,849; Lee E. Johnson, Reg. No. 22,946; Gary S. Kindness, Reg. No. 22,178; James W. Anable, Reg. No. 26,827; James R. Uhler, Reg. No. 25,096; Jerald E. Nagae, Reg. No. 29,418; Dennis K. Shelton, Reg. No. 26,997; Jeffrey M. Sakoi, Reg. No. 32,059; Ward Brown, Reg. No. 28,400; Robert J. Carlson, Reg.

No. 35,472; Marcia S. Kelbon, Reg. No. 34,358; Rodney C. Tullett, Reg. No. 34,034; Daiva K. Tautvydas, Reg. No. 36,077; Mary L. Čulić, Reg. No. 40,574; and the firm of Christensen O'Connor Johnson Kindness^{PLLC}. Address all telephone calls to Brandon C. Stallman at telephone No. 206.695.1708.

Address all correspondence to:

CHRISTENSEN O'CONNOR JOHNSON KINDNESS^{PLLC}
1420 Fifth Avenue
Suite 2800
Seattle, WA 98101-2347

I hereby further declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code, and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Full Name of Inventor	Citizenship
Wilfried Baatz	Germany
Residence	
1232 N.E. Brockman Place Seattle, WA 98125	
Post Office Address	
1232 N.E. Brockman Place Seattle, WA 98125	
Inventor's Signature	Date
	NOV 17, 2000

BCS:ylc